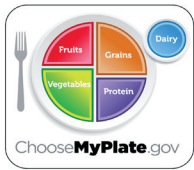


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



CURRIED CHICKEN WITH RAISINS AND MUSHROOMS

Savory chicken and mushrooms balanced with the sweetness of raisins and red bell peppers will make this curried one-pan recipe a family favorite.

Preparation time: 30 minutes

Serves: 4

INGREDIENTS:

- 1½ tsp olive oil, extra virgin or virgin
- 2 boneless, skinless chicken breasts (about 12 oz), diced into 1-inch cubes
- 2 cups sliced fresh white mushrooms
- 2 cups sliced cremini mushrooms
- ½ medium red bell pepper, cut into ¾" squares
- 2 cups chicken broth, lower sodium
- 1 cup raisins
- 2 cups instant whole-grain rice
- 1½ tbsp curry powder

DIRECTIONS:

1. Heat olive oil in large sauté pan.
2. With heat on medium-high, place chicken in pan and cover with lid.
3. Cook chicken about 5 minutes.
4. Add mushrooms and peppers to pan and sauté 3-4 minutes.
5. Add chicken broth.
6. Gently mix in raisins, rice, and curry powder; bring to boil, reduce heat and cover.
7. Simmer until rice is done; fluff with fork and let sit 3-5 minutes before serving.

Serving Suggestions:

Add a side salad with light dressing and an 8 oz glass of fat-free milk.

Time saving ideas:

- Purchase sliced mushrooms, fresh or frozen bell pepper strips, and diced chicken.



Food Group Amounts	
Dairy	--
Fruits	½ cup
Vegetables	1 cup
Grains	1½ oz
Protein	2 oz

Nutrition Facts	
Serving Size 389 g	
Amount Per Serving	
Calories 440	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 410mg	17%
Total Carbohydrate 71g	24%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 6g	
Vitamin A 10%	Vitamin C 35%
Calcium 4%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation



United States
Department of
Agriculture

March 2013
Center for Nutrition Policy and Promotion

